



Savory Pesto Oatmeal Bowl

QUAKER

Servings: 1 | Prep Time: 5 minutes | Cook Time: 5 Minutes

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Brought to you by Cara
Harbstreet, MS, RD, LD



Ingredients

- $\frac{3}{4}$ cup Quaker® Old Fashioned Oats
- $\frac{3}{4}$ cup water
- $\frac{3}{4}$ cup fresh spinach, chopped
- 2 tablespoons prepared pesto sauce
- 2 tablespoons sun-dried tomatoes, chopped (not packed in oil)
- 1 large egg
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{16}$ teaspoon salt



Preparation

1. Heat a non-stick skillet over medium-high heat.
2. Place the oats, chopped spinach, and water into a microwave safe bowl and stir to combine. Microwave on HIGH for 2 $\frac{1}{2}$ –3 minutes or until fully cooked, then stir again.
3. While the oats are heating, cook the egg to over-easy or over-medium, flipping once. When the oats are finished cooking, add the prepared pesto sauce and sun-dried tomatoes, then stir to combine. Season with salt and pepper to taste, then top with the cooked egg and serve immediately.

COOK NOTE:

May substitute a hard-boiled egg (sliced) for convenience. Add more or less water to this recipe to create your desired consistency.

NUTRITION FACTS (PER SERVING):

460 calories, 22 g fat, 4 g sat fat, 190 mg cholesterol, 550 mg sodium, 48 g total carb, 8 g fiber, 4 g sugar, 18 g protein, 10% DV calcium, 6% DV vitamin D, 15% DV vitamin C, 25% DV vitamin A, 15% DV potassium, 25% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

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